

# BUILDING CAPACITY FOR SUSTAINABLE LIVES IN GHANA



The University of Ghana, McGill University, and World Vision are working with local resource institutions in the Upper Manya Krobo District (UMKD) of Ghana to strengthen local resources and services that will help improve health, nutrition, economic well-being, and food security in rural communities.

UPPER MANYA KROBO DISTRICT

SEPTEMBER 2014



NUTRITION LINKS

## STARTING OUT RIGHT BY EXCLUSIVELY BREASTFEEDING FOR 6 MONTHS

Parents rejoice at the birth of a child. They can help their children get the right start by following the Ghana Health Services recommendations.

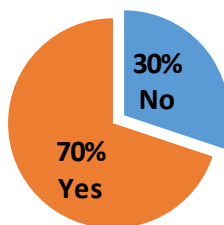
- Breastfeeding should be initiated within 30 minutes of delivery.
- No foods or liquids, including water, should be given to the infant before breast milk comes in.
- Exclusive breastfeeding to 6 months. This means give only breast milk; no water, other liquids, or foods.
- All mothers shall be supported to exclusively breastfeed.

### NEWS FROM THE FIELD

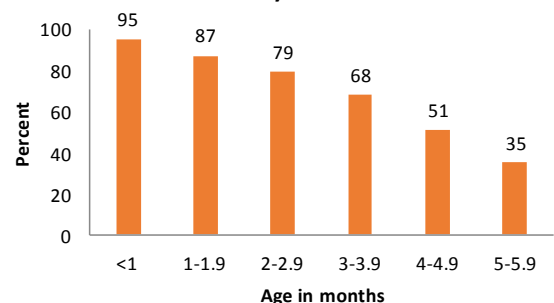
Among Upper Manya infants 0 to 6 months of age, how many are exclusively breastfeeding?

How does exclusive breastfeeding change with age in Upper Manya?

#### Exclusively Breastfed



#### Exclusively Breastfed



Photos were provided by  
Project staff and students.



## NEWS FROM THE FIELD

- Are boys less likely than girls to be exclusively breastfed?  
**No**, 37% of boys and 41% of girls are exclusively breastfed.
- Are mothers who are traders less likely than mothers who are not traders to exclusively breastfeed?  
**No**, 64% of mothers who are traders and 72 % of mothers who are not traders exclusively breastfeed.
- Are mothers in urban areas less likely than mothers who live in rural areas to exclusively breastfeed?  
**No**, 71% of mothers living in urban areas and 69% of mothers living in rural areas exclusively breastfeed.

Data source: Baseline Infant Cohort Survey, 2013

## PROJECT ACTIVITIES

The *Nutrition Links* Project is delivering training and refresher sessions for community nurses, health promotion assistants, and health volunteers to improve their nutrition and child feeding knowledge and their growth monitoring skills that are used in community health clinics throughout the district.

### How many people have been trained?

- 60 Community nurses
- 10 Health promotion assistants
- 70 Health volunteers



World Vision  
For Children. For Change. For Life.

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Foreign Affairs, Trade and  
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Affaires étrangères, Commerce  
et Développement Canada

Canada

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